



King County

# Parks & Recreation Programs and Events Guide Summer 2002



July 17 - 21, 2002  
139<sup>th</sup> Anniversary

Featuring . . .

Tower of Power

Martina McBride

Carolyn Dawn Johnson

Sons of The San Joaquin

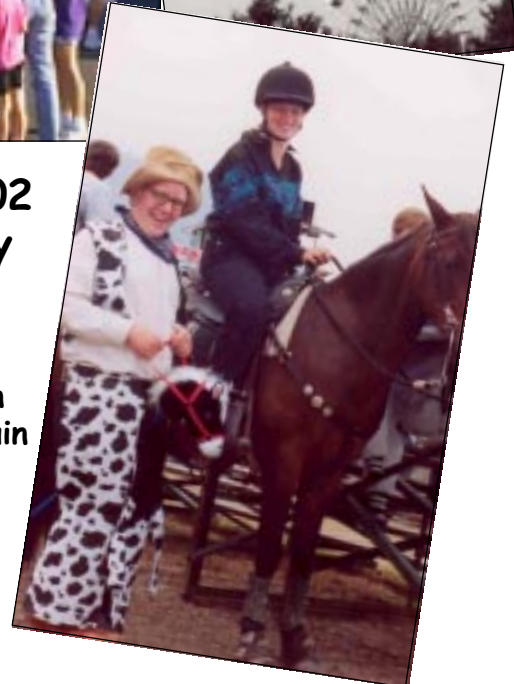
Logger's Competition

PRCA Rodeo

Critter Crowning

Contest

(see page 15 for details)



[www.metrokc.gov/parks](http://www.metrokc.gov/parks)

## FINANCIAL STATUS OF PARKS

This summer recreation season will be a difficult one for King County. We want you to enjoy all that our parks and facilities have to offer, yet King County is experiencing a financial crisis that has resulted in the closure of 20 parks year-round and 44 parks for the winter. King County has also eliminated many of its recreation programs, including the Heritage Festival. Closing these parks and eliminating these programs is not something that I nor anyone in King County wants to do. However, due to our financial situation, we simply do not have the revenue to keep all parks and programs open all year.

King County's existing 150 year-old financial structure is outdated, and it has resulted in a general fund budget deficit of \$50 million in 2003. While most of county government relies on earmarked funds paying for specific programs only, our general fund comes from property taxes that grow at just one percent, and from volatile sales taxes. These funds must pay for legally required services like criminal justice first. Parks are not required by law, which is why this crisis has led to significant budget cuts to the Parks and Recreation Division. These cuts have caused the park closures and program elimination. Further budget cuts may occur and more park closures and program elimination may happen in the future depending on what funding solutions are adopted.

We have taken a number of actions to increase efficiency and save money so we could keep as many parks open as possible and preserve as many programs as possible. These actions include the following:

- The Parks and Recreation Department has been merged with the Department of Natural Resources to achieve administrative efficiencies and the elimination of 26 full-time positions; 8 more positions were transferred. A total of 19 positions have been reduced from full-time (12-month) to 8-month employment, including 13 positions in conjunction with the winter closures.
- In addition, cuts are being made to human services, community-based correction and treatment programs and other services paid for by our general fund.

As I have written in many earlier messages in this Recreation Guide, parks and recreation opportunities are important to me and to the quality of life in King County. However, King County has a fiscal crisis and I must fund mandated services such as police and other criminal justice services. Parks are not a mandatory service, so as I balance King County's budget, I am forced to cut the Parks budget.

To help us solve this funding problem as it relates to parks, I have created a task force comprised of business and community leaders. The task force is studying the issue and will take public input and then forward funding recommendations to me in mid-June. If you would like to make suggestions to the Metropolitan Parks Task Force or comment about park closures, you can call our hotline at 206-205-8768.

I am hopeful that the Metropolitan Parks Task Force will provide King County with recommendations that will help us solve this parks funding situation. I encourage you to contact the task force with your suggestions.

Ron Sims  
King County Executive

## TABLE OF CONTENTS

Aquatic Special Events .....	3
King County Special Events .....	4
Day Camp Programs .....	5 - 7
Interpretive Programs .....	8 - 9
Stewardship Opportunities .....	10
Special Interest Programs .....	11 - 12
Partnership Programs .....	13
Fitness, Health & Wellness Activities .....	14
King County Fair - July 17 - 21 Event Schedule .....	15
Specialized Recreation Programs .....	16 - 17
Class Locations .....	17
Aquatic Programs and Swim Lessons .....	18 - 19
Teen Programs, Activities & Field Trips .....	20 - 21
Where to Find Us .....	22
Registration .....	23

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## KING COUNTY COUNCIL MEMBERS

District 1 .....	Carolyn Edmonds
District 2 .....	Cynthia Sullivan
District 3 .....	Kathy Lambert
District 4 .....	Larry Phillips
District 5 .....	Dwight Pelz
District 6 .....	Rob McKenna
District 7 .....	Pete von Reichbauer
District 8 .....	Dow Constantine
District 9 .....	Kent Pullen
District 10 .....	Larry Gossett
District 11 .....	Jane Hague
District 12 .....	David Irons
District 13 .....	Julia Patterson

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## King County Parks & Recreation Mission Statement

We enhance quality of life and strengthen communities through parks, natural areas, recreation programs, environmentally-sound land management, and partnerships.

# AQUATIC SPECIAL EVENTS

## 2ND ANNUAL KING COUNTY YOUTH TRIATHLON, AUGUST 24, AT LAKE WILDERNESS PARK



Ready to test your endurance? Attend this challenging event for children 18 years old and younger. The competition will be held at Lake Wilderness Park in Maple Valley August 24. Athletes will compete in age categories over a course of a 0.25 or 0.5 mile swim, 1.5 or 3.0 mile run and a 5.0 or 10.0 mile bike route. For more information, visit [www.metrokc.gov/parks](http://www.metrokc.gov/parks) or call 206-296-4281.

## TRIATHLON TRAINING OPPORTUNITIES

Here's your chance to improve your stroke and gain knowledge on how to swim efficiently in an open water environment and prepare yourself to perform your best! You'll also have the opportunity to test out your 'pool' skills in open water at Lake Wilderness.

Ages 7 - 18

Fee: \$5.00 per session

M, Apr 1 - Aug 19 ..... 8 - 9 pm  
Tahoma Pool, Kent

W, Jul 3 - Aug 21 ..... 7 - 8 pm  
Lake Wilderness, Maple Valley



"Hard things  
take a while;  
the impossible  
takes a little  
longer!"

— Author  
unknown

## SPLASH-N-DASH NORTHSHORE POOL SUMMER DAY CAMP

What's happening this summer? Fun! Fun! Fun at the King County's Northshore Pool. Seven fun-filled weeks packed with swimming lessons, tumbling, games, arts and craft projects and guest speakers, all planned just for **YOU!** Sign up for one or all seven weeks.

Ages 6 - 12

(Please see page 7 for complete details)

## McTAKEOVER FOR SCHOLARSHIPS

The staff from Northshore Pool in Bothell will stage a "McTakeover" at McDonalds, 18012 Bothell Way NE, Bothell on Friday, May 17, 5:00 - 8:00 pm. Northshore Pool will receive 20 percent of sales during the 3-hour "McTakeover". Money raised will be used to support the Northshore Pool Swim Lesson Scholarship Fund.

## PACIFIC NORTHWEST ASSOCIATION OF SYNCHRONIZED SWIMMING PRESENTS . . .



Come watch this beautiful and dramatic sport done to music. Pacific Northwest Association of Synchronized Swimming will be hosting the national championship at the Weyerhaeuser King County Aquatic Center June 29 - July 7. For ticket and schedule information, please visit [www.pnasynchro.org](http://www.pnasynchro.org) or call the facility at 206-296-4444.



Come cheer on the USA team members competing against athletes from around the world in this Paralympic Sport. Pacific Northwest Swimming Association will be hosting the championship at the Weyerhaeuser King County Aquatic Center June 13 -15. Spectator admission is free. For more information, visit [www.pns.org](http://www.pns.org) or call the facility at 206-296-4444.





# SPECIAL EVENTS

## SPECIAL EVENTS AT MARYMOOR REGIONAL PARK

### Life Center NW Walk a Thon

North Picnic area to Sammamish River Trail.

Call 206-230-5767 for details.

SA, Jun 8 ..... 9 am - Noon

### Flying Wheels Bicycle Event

Get out of the city and enjoy some of Puget Sound's finest rural riding! This will be a true celebration of cycling with a finish line featuring food and beverages, games, music, track racing and much more! Velodrome-Sammamish River Trail - call Cascade Bicycle Club, 206-932-5921 or the web [www.cascade.org](http://www.cascade.org) for details.

SA, Jun 22

### July 4th Fireworks

Musical games, food and fireworks! For details call "Celebrate Redmond" at 425-702-8702

TH, July 4 ..... 9:30 pm

### Civil War Re-enactment

Walk back in time through authentic military camps, a civilian village and medical camp where you will see demonstrations of tool making firearms, music and drills. The Battle of Marybell both days, a simulated full-scale battle between the Blue and the Gray! For more information visit <http://thewcwa.tripod.com/>.

SA - SU, Jul 6 -7

### Radio Controlled Scale Fly-in & Airplane Contest

Call Herb Bone 425-747-2039 or visit the web [www.reddata.com/sass/](http://www.reddata.com/sass/) for information.

SA - SU, Jul 13 - 14

## MUSIC IN THE PARK AT COTTAGE LAKE

Pack a picnic dinner and enjoy a relaxed, musical evening under the stars this summer at Cottage Lake Park. Call 206-296-2956 after June 15 for a list of performers, dates and times - this is a music series you and your family won't want to miss! Sponsored by the King County Arts Commission, Upper Bear Creek Unincorporated Area Council and the King County Parks and Recreation Division.

### Seattle Skate for MS

Redmond Town Center to Seattle on Sammamish River Trail . Please call 206-633-2920 for event details.

SU, Aug 11



### Puget Sound Festival with Luis Palau

"Great Music! Good News!" Great music from CeCe Winans, Steve Curtis Chapman, Third Day and More. Good News from Luis Palau. A 10,000 sq. foot skate park with professional skater exhibition, Veggie Tales children's area, food court and more! Bring the whole family. Please call 425-820-6588 for more details.

### FREE

SA - SU, Aug 17 - 18

### Sammamish Kennel Club

The 26th annual all-breed dog show will be held at 60 Acres South, 15300 NE 116th, Redmond. The event is free with a suggested parking donation of \$4 per car. For complete program information, please visit <http://www.info.dog.com/clubs/2002171202.HTM>

F - SU, Aug 23 - 25

### Evergreen Classic Benefit Horse Show

A premier horse jumping benefit event with all profits benefiting the Northwest Children's Fund, a non-profit community foundation that funds human service agencies in Western Washington. Call 425-823-2802 or visit the web at [www.evergreenclassic.com](http://www.evergreenclassic.com) for details.

T - SU, Aug 6 - 11

## EXPLORE THE RENTAL POSSIBILITIES AT KING COUNTY PARKS!

King County Parks and Recreation has so much to offer! We have great trails, pools, parks, and rental facilities! We have the ideal facility for your wedding, reception, corporate meeting, seminar, family reunion, birthday party or any other gathering you want to make extra special!

- Are you looking for the ideal setting for your Grandmother's 90th birthday?
- Have you been asked to locate a serene, peaceful setting for the company picnic?
- Do you need space for your staff retreat in a setting that encourages them to think outside the box?
- Are you planning the 'wedding of your dreams' and want a dream location?
- Need a location for the family reunion or summer picnic?
- Looking for an overnight campground - but don't want to travel very far?

We have a facility to meet all your needs! Check out all our remodeled, updated, multi-use facilities throughout King County. Visit the web at [www.metrokc.gov/parks/rentals](http://www.metrokc.gov/parks/rentals).

Some of our popular indoor facilities are:

- Preston Community Center, Preston
- Clise Mansion @ Marymoor Regional Park, Redmond
- Lake Wilderness Center, Maple Valley
- Gracie Hansen Community Center, Ravensdale
- King County Fairgrounds, Enumclaw
- King County Aquatic Center Banquet Hall, Federal Way
- Si View Park Community Center, North Bend
- White Center Park, White Center
- West Hill Community Center, Skyway

To make reservations or receive additional details about any King County Park or rental facility, please call 206-296-4298.

# DAY CAMP ADVENTURES 2002!

Join us for a Blockbuster Summer. Between July 1 and August 16, King County Day Camps will offer participants the opportunity to act their way through arts, crafts, sports, games, reading activities, special events, barbecues and field trips. For more information, please call 206-296-2956. Comedy. "Madcap hilarity packed with

hijinks and ha ha ha." **Rated K for Kid friendly. PLEASE NOTE:** Many of the planned activities relate to the weekly theme, which adds an extra measure of fun and excitement for kids and staff. Campers will also participate in many traditional day camp activities during the week that are not specifically related to the theme.

Ages 6 - 10  
 Fee: \$130/per week  
 Dates: July 1 - August 16 (**NO** program Thursday, July 4)  
 M - F: 9 am - 4 pm Core Program Hours  
 (before/after care 7 - 9 am & 4 - 6 pm)  
 Sites: Lake Wilderness Center, Maple Valley  
 Si View Park, North Bend

## SPY CAMP

July 1 - July 5 (**NO** program July 4)

**33345 @ LWC**

**33359 @ Si View**

Starring: Code crackers, undercover agents and spy stuff we can't tell you about.

Field Trip: Wild Waves

## MESOZOIC PARK

July 8 - July 12

**33346 @ LWC**

**33360 @ Si View**

Starring: Triceratops, Stegosaurus and The Big T.

Field Trip: Pacific Science Center

## NEXT TO THE BAND

July 29 - August 2

**33349 @ LWC**

**33363 @ Si View**

Starring: Rhythm, melody and beat.

Field Trip: Experience Music Project/  
 Children's Museum



"These camp experiences are excellent. By far the best I've seen in a long time!

The cast of counselors is well trained and so much fun!"

## ZOMBIE CHICKENS FROM MARS

July 15 - July 19

**33347 @ LWC**

**33361 @ Si View**

Starring: Monsters, poultry and aliens.

Field Trip: King County Fair

## CASTAWAY II: WILSON'S RETURN

July 22 - July 26

**33348 @ LWC**

**33362 @ Si View**

Starring: Wilson, beach towels and sand.

Field Trip: Seahurst Beach

## DR. DO LOTS

August 5 - August 9

**33350 @ LWC**

**33364 @ Si View**

Starring: Monkeys, elephants and really big cats.

Field Trip: Woodland Park Zoo

## WHERE IN THE COUNTRY IS . . .

August 12 - August 16

**33351 @ LWC**

**33365 @ Si View**

Starring: Planes, trains and automobiles.

Field Trip: Snoqualmie Railway

## HANG TIME YOUTH CAMP

Independent Thriller. "Completely unpredictable plot, almost as though the story line **P for Phat**. Designed for the pre-teen looking for fun, adventure and leadership opportunity, Hang Time offers both traditional day camp activities and the chance to create your own weekly agenda.

Ages: 10 - 13 - Fee: \$135/per week

Dates: July 1 - August 16 - one week sessions  
 (**NO** program July 4)

Times: 10 am - 4 pm  
 (Before/after care 7 - 9 am & 4 - 6 pm)

Lake Wilderness Center, Maple Valley  
 Si View Park, North Bend

July 1 - 5

**33323 LWC / 33330 Si View**

Field Trip: Wild Waves

July 8 - 12

**33324 LWC / 33331 Si View**

Field Trip: Pacific Science Center

July 15 - 19

**33325 LWC / 33332 Si View**

Field Trip: King County Fair

July 22 - 26

**33326 LWC / 33333 Si View**

Field Trip: Seahurst Beach

July 29 - August 2

**33327 LWC / 33334 Si View**

Field Trip: Experience Music Project

August 5 - 9

**33328 LWC / 33335 Si View**

Field Trip: Woodland Park Zoo

August 12 - 16

**33329 LWC / 33336 Si View**

Field Trip: Snoqualmie Railway

# DAY CAMP ADVENTURES 2002!



## SPECIALTY CAMPS

Action Adventure. "Very informative, focused and lively."

**Rated I for Intense.** Designed for the participant seeking a more in depth camp experience.

Ages: 7 - 11 - Fee: \$135/per week

Dates: July 8 - August 16

M - F: 10 am - 4 pm Core Program Hours (before/after care 9 - 10 am & 4 - 5 pm)

Sites: Preston Community Center, 8625 310th SE, Preston

Cottage Lake Park, NE Woodinville/Duvall Rd. @ 188th NE, Woodinville

Gracie Hansen Community Center, 27132 SE Ravensdale Way, Ravensdale

## MOO CAMP

**My Oh My Mr. MacDonald! What a cast of characters!** Join the horses and cows and sheep and chickens and pigs and dogs and cats and rabbits in preparation for their annual barnyard bash at the King County Fair! Learn about your favorite farm buddies. Lend a hand at setting up for the 2002 Fair. Get ready for a week of Wacky and Wooly!

**33793**

Session I: July 8 - 12

Preston Community Center, Preston

**33789**

Session II: July 8 - 12

Gracie Hansen Community Center,  
Ravensdale

## YOUMEYUMI

**Colorful, rich and yummy. Both educational and entertaining.** Sing, dance, act, paint, draw, and weave your way through a week of history and tradition. Experience performing and visual art from around the country and across the decades. Share your own heritage and foster an understanding and appreciation for the contributions and customs of people from diverse cultures and traditions. After a week of sharing and creating, celebrate your discoveries with family and friends on Friday evening at 4 pm.

**33853**

Session I: July 15 - 19

Preston Community Center, Preston

**33854**

Session II: August 12 - 16

Cottage Lake Park, Woodinville

## ONCEUPONA

**So imaginative! Great twists on traditional stories!** Discover and celebrate ageless stories of Onceupona while visiting libraries throughout King County. Dissect classical fairy tales from multiple cultures to delve into the traditional elements of time, place, characters, villains, plot and magic. Challenge yourself to write and illustrate your own fairy tale complete with an updated and original ending. How will it all end Ever After?

**33838**

Session I: July 15 - 19

Cottage Lake Park, Woodinville

**33839**

Session II: August 5 - 9

Gracie Hansen Community Center,  
Ravensdale

## SURVIVE AND THRIVE!

**Jump like a frog, exciting! Great exposure to nature's amazing survival techniques.** Join an experienced Naturalist and explore the natural world of a King County park. As we search on land, in water, and in the air we will discover many techniques that plants and animals use to survive. Learn how animals get food, and avoid predators, how plants spread their seeds, and even how you can survive if you are lost in the wilderness. Explore all this plus much more through songs, crafts, games and of course plenty of time outside immersed in nature.

**33846**

Session I: July 22 - 26

Preston Community Center, Preston

**33847**

Session II: July 29 - August 2

Cottage Lake Park, Woodinville

## H2O-A-GOGO

**Get ready for a ride that's both wet and wild! Nonstop action guaranteed to wear you out!** Swim each day at King County aquatic hot spots like the Aquatic Center in Federal Way or the swim beach at Luther Burbank Park on Mercer Island. Trek through King County trails and parks like Cougar Mountain Regional Wildlife Park in Issaquah and Lake Wilderness Park in Maple Valley. Meet other kids on the go while visiting some of the hottest swimming and hiking spots the County has to offer.

**33849**

Session I: July 22 - 26

Cottage Lake Park, Woodinville

**33850**

Session II: July 29 - August 2

Gracie Hansen Community Center,  
Ravensdale

## SUPERSTAR THEATER

**What a talented cast! Get ready for some of the biggest names in the County.** Are you a big star? Wanna share your talents? Contribute your energy to the group collective as you play improv games, shoot an independent short film and create your own performance piece. Games, film footage and the final performance will be presented to family and friends on Friday evening at 4 pm.

**33851**

Session I: August 5 - 9

Preston Community Center, Preston

**33852**

Session II: August 12 - 16

Gracie Hansen Community Center,  
Ravensdale

# DAY CAMP ADVENTURES 2002!

## KID'S EQUESTRIAN RESIDENT CAMP



This is a unique opportunity for kids to try horse-back riding in a safe and highly supervised environment. At this four-day camp, children will receive two one-hour riding lessons and instruction on horse care including grooming, feeding, tacking and cleaning stalls. Other camp activities will include swimming, arts and crafts, hiking, singing and two half-day field trips. At the end of the four days, kids will walk away with a greater knowledge of horses, great new friends and wonderful new memories. King County Parks and

Recreation, in cooperation with Little Bit Therapeutic Riding Center, sponsors this camp. Kid's Equestrian Resident Camp will be staffed with a higher ratio of staff-to-campers experienced with children with special needs. This camp can accommodate up to 8 children with disabilities with a total of 20 campers. Additionally, all "Little Bit" staff and volunteers are highly trained and experienced with children with special needs, as well as typically developing children. For more information, please call Krisann at 206-205-8334.

Ages 10 - 13 - Fee: \$220.00

**33490**

M - TH, Jun 24 - 27 - Check in Monday - 10 am; Checkout on Thursday - 11 am  
Gold Creek Lodge, Woodinville

## SPLASH-N-DASH NORTSHORE POOL SUMMER DAY CAMP

Seven fun-filled weeks packed with swimming lessons, tumbling, games, arts and craft projects and guest speakers, all planned just for **YOU!** Sign up for one or seven weeks. SPLASH-N-Dash Day Camp begins July 1 through August 16, with different activities each week. **Please Note:** Many of the planned activities relate to the weekly theme, adding an extra dose of fun and excitement for kids and staff. Campers will also participate in traditional day camp activities. Learn to SCUBA for 8 - 12 year olds only. Please call 206-296-4333 to register or for more details.

Ages: 6 - 12

Fee: \$135/per week, \$125/week of July 1 - July 5 (**No** program Thursday, July 4)

M - F: July 1 - Aug 16.....9 am - 4 pm (before/after care 7 - 9 am & 4 - 6 pm)  
Northshore Pool, Bothell

### HANG TEN

**35833 July 1 - 5**

- Swim Lessons!
- Tumbling
- Skate Safety
- Video Skating
- Skate ParkTime
- Art

### UNDERWATER ADVENTURE

**35830 July 8 - 12**

- Swim Lessons!
- Tumbling
- Underwater videos
- Learn to SCUBA Dive
- PADI Bubble Makers
- Fish Art/Sea Life Mobile

### NATURAL ADVENTURE

**35389 July 15 - 19**

- Swim Lessons!
- Tumbling
- Naturalist Speaker
- Art Fossil Making
- Art Leaf Wax Paper

### EXPRESS YOURSELF

**35384 July 22 - 26**

- Swim Lessons!
- Tumbling
- Dancing
- Acting - skits and plays
- Puppet theater

### UNDERWATER ADVENTURE

**35385 July 29 - August 2**

- Swim Lessons!
- Tumbling
- Underwater videos
- Learn to SCUBA Dive
- PADI Bubble Makers
- Art Fish Wind Socks

### ANIMAL SAFARI

**35386 August 5 - 9**

- Swim Lessons!
- Tumbling
- Animal Bank
- Art Fish/Sea Life Mobile

### SUMMER SPORT SLAM

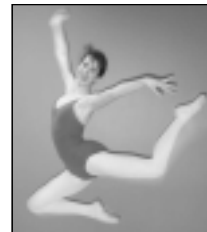
**35387 August 12 - 16**

- Swim Lessons!
- Tumbling
- Art Sport Ball
- Pinata Candy
- Barbeque for last day

## SUMMER DANCE INTENSIVE

Nurture your body, mind, and creative spirit! The Center for Dance is offering two summer dance camps for beginners through advanced levels. A great way to enhance your skills, learn new techniques, make new friends and lasting memories!

Our five day intensives will include daily ballet, tap, jazz, contemporary dance, composition and musical theatre.



With additional mini-workshops in improvisation, contact work, hair & make-up, audition techniques and more! Special guest instructors and a student performance highlight this fun filled week. Before and after camp care is available for working parents. For a complete camp description and price list call 425-222-7050 or visit online [www.thecenterfordance.com](http://www.thecenterfordance.com).

Ages 7 -12

M - F, Aug 5 - 9 - 9 am - 3:30 pm





# INTERPRETIVE PROGRAMS

Do you and your family want to know more about the diverse habitats throughout King County and the plants and animals that inhabit them? Come spend some time with our knowledgeable naturalist staff and discover our special parks and natural areas in a new way. Whether you are looking to sit inside and learn something new, or experience an active bike ride or hike, you will find our programs fun and rewarding. Program reservations required in advance. Please call 206-296-4171, toll free, 800-325-6165 ext. 6-4171, fax us at 206-205-5433 or via e-mail at [IPO.parks@metrokc.gov](mailto:IPO.parks@metrokc.gov) and make your reservations today! You can also find the interpretive programs information on the web at [www.metrokc.gov/parks/events/tracks.htm](http://www.metrokc.gov/parks/events/tracks.htm). Contact us at the above number to get on the *County Tracks* mailing list.



## BY SONG OR BY SIGHT

The summer season is alive with birds along the Soos Creek Trail. Join a volunteer Naturalist for this early morning foray for feathered friends. This walk is co-sponsored by Friends of Soos Creek Park and will last 1 - 1.5 hours. Wear walking shoes and bring binoculars if you have them.

Ages 8 & up

Fee: \$5.00 - Adult / \$3.00 - Child

**33755**

SU, Jun 9 ..... 7:30 - 8:30 am

**33756**

SU, Jul 14 ..... 7:30 - 8:30 am

**33757**

SU, Aug 11 ..... 7:30 - 8:30 am  
Gary Grant Park/Soos Creek Trail, Kent

## SILHOUETTES IN THE SKY

Join a volunteer Naturalist to discover the bat nightlife in the park. We'll walk along the Soos Creek Trail on the lookout for bats winging through the evening sky as they feed on flying insects. This walk is co-sponsored by Friends of Soos Creek Park and will last between 1.5 - 2 hours. Wear good walking shoes and warm clothing for cool evenings.

Ages 8 & up

Fee: \$5.00 - Adult / \$3.00 - Child

**33958**

SA, Jun 8 ..... 9 - 10:30 pm

**33960**

SA, Jul 13 ..... 8:30 - 10 pm

**33961**

SA, Aug 10 ..... 8 - 9:30 pm  
Gary Grant Park/Soos Creek Trail, Kent

## A WALK THROUGH TIME

Did you know that King County's largest park was once home of a bustling coal town? You may never have known as you walk through the lush hills of this amazing wildland park. An experienced naturalist will lead you to the sites that reveal the rich history of Cougar Mountain; sites from the coal mining days that gave Seattle its start.

Ages 12 & up

**FREE**

**33845**

SA, Jun 22 ..... 10 - 11:30 am  
Cougar Mountain Regional Wildland Park, Bellevue

## SENIOR TREKKING

We're looking for seniors who are ready to hike and explore the wonderful bounty of King County public lands! Join a King County Naturalist to log trail miles while enjoying fun facts and beautiful surroundings. Each hike is geared to a slightly different level of activity: Easy < 2 miles, mostly level; Moderate = 4 miles with some incline on a hard packed surface; Advanced < 4 miles with some steep inclines and on dirt trails.

Ages 50 & up - Fee: \$5.00

**33758**

SU, Jun 23 ..... 11 am - 12:30 pm  
Beaver Lake Park, Sammamish

**33759**

SU, Jul 14 ..... 11 am - 2 pm  
Preston-Snoqualmie Trail, Preston

**33760**

SU, Aug 18 ..... 11 am - 2 pm  
Tolt-MacDonald Park, Carnation



## WILDLAND WONDERS CLOSE TO HOME

Join us for an amazing 4-mile hike in Coal Creek Park. At times you might guess you were in the middle of the Cascades as the sounds of nearby civilization are silenced by the deep and lush canyon walls cut by Coal Creek. Explore this amazing wildland wonder that is right in your own back yard! Please bring strong legs with good boots, water, and a snack.

Ages 8 & up

**FREE**

**33848**

SA, Jun 29 ..... 10 am - Noon  
Cougar Mountain Regional Wildland Park, Bellevue

## PLANT SEARCH AND RESCUE!

Would you like to learn about some wonderful local plants and animals while having some fun along the way? Join a Naturalist for a walk along one of the county's wooded trails. We'll discuss fun facts about the forest residents and help the "locals" by doing a little gentle ivy-pulling as we go. Pulling this invasive plant can be fun (caution: you may get hooked!) and its removal will help the habitat. If you'd like to introduce your family to helping the community, this is a great way to start!

Ages 6 & up

**FREE**

**33762**

SU, Jun 30 ..... 4 - 5:30 pm  
Spring Lake/Lake Desire, Renton

"Get over the idea that only children should spend their time in study.

Be a student so long as you still have something to learn, and this will mean all your life."

*Henry L. Doherty*



# INTERPRETIVE PROGRAMS

## HOLEY-MOLEY! ROLY-POLY!

What would summer be without peeking under rocks for ants, unearthing a log peppered with milk bugs, or following a butterfly? Join a Naturalist for a family bug hunt where we will, gently and respectfully, seek out and learn about the lives of some of your tiniest neighbors!

Ages 5 & up with parent  
Fee: \$5.00 Adult/\$3.00-Child

**33517**

TH, Jul 11 ..... 1 - 2 pm  
Lake Wilderness Park, Maple Valley

**33518**

TH, Jul 11 ..... 10 - 11 am  
Beaver Lake Park, Sammamish

## CATTAIL SUN-VISOR WEAVING BEE

Let's join together like the quilting bees of old, not to make a quilt, but to make your own sun-visor from weaving cattail leaves! Learn about this versatile wetland plant that has been used by primitive peoples since ancient times. While you are learning, you will also be working on your own cattail creation. The visors are functional, unique, and fashionably earthy. Supplies provided. Bring a lunch.

Ages 10 & up  
Fee: \$15.00

**33520**

TH, Jul 25 ..... 11 am - 1 pm  
Cottage Lake Park, Woodinville

## TRAILS, TREES, TRACKS & TRUCKS

Join a Naturalist for a 6-mile hike from Cougar Mountain's Anti-Aircraft Peak. Explore a new trail, identify a tree, look for animal tracks and learn about... trucks? Okay, you won't learn about trucks, but you may learn about the loggers, miners or military that used trucks at Cougar. What a great park with so many amazing stories to tell. Bring a compass if you have one.

Ages 12 & up

**FREE**

**33843**

SA, Jul 27 ..... 10 am - 2:30 pm  
Cougar Mountain Regional Wildland Park, Bellevue

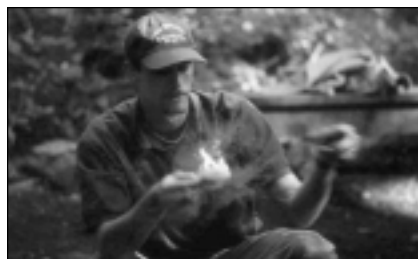
## WILDERNESS SURVIVAL

What would you do if you got lost in the woods? Join wilderness survival experts from Earthwalk Northwest as they teach you an easy-to-remember, step-by-step procedure that will increase your chances if surviving a lost situation, even if you are separated from your pack! Great for families who hike together! Bring a picnic lunch to eat during the program.

Ages 7 & up - Fee: \$15.00

**33521**

SA, Jul 27 ..... Noon - 1 pm  
Cottage Lake Park, Woodinville



## STAR GAZING PARTY

Trade that television and telephone for a telescope. From high atop Cougar Mountain be prepared for an evening of discovery. The Seattle Astronomical Society with their state of the art telescopes will help you explore the planets, stars and constellations. Bring a blanket and hot chocolate and hang out for the evening. This is an event you won't want to miss. Arrive before dark to get a look at the telescopes.

**Because this event is after park hours, only pre-registered participants will have access to park.**

All Ages

**FREE**

**33910**

SA, Aug 3...  
9 pm - Midnight  
Cougar Mountain Regional Wildland Park, Bellevue



## BIRD BRAINS

Ever wonder how a robin finds a worm, or why owls hunt at night, or where songbirds go to sleep? Join a Naturalist and find out the answers to these questions and many more about backyard birds. We will spend part of the time learning about the birds we might see and then we will go with our binoculars for a bird walk.

Ages 6 - 12 - Fee: \$5.00

**33523**

T, Aug 9 ..... 10 - 11 am  
Gary Grant Park/Soos Creek Trail, Kent

**33524**

F, Aug 9 ..... 2 - 3 pm  
Moss Lake Natural Area, Carnation

## RATTLESNAKE'S GRAND TRAVERSE

Join us for a full day of hiking across the Grand Traverse of Rattlesnake Mountain. This 11-mile hike, which includes the highest peak in the Issaquah Alps, will leave you tired but craving more of the amazing views. On a clear day you will enjoy views of Mt. Baker, Glacier, Rainier, and Si; and Puget Sound from Olympia to the San Juan Islands. Wear good boots, and be ready for a strenuous hike. Bring lunch, plenty of snacks and lots of water.

Ages 12 & up - Fee: \$10.00

**33844**

SA, Aug 10 ..... 9 am - 6 pm  
Rattlesnake Lake, North Bend

## DIRT TIME!

Expert nature trackers often promote the concept of "doing dirt time" for those who want to hone their nature awareness skills. Dirt time is the act of immersing yourself in an ecosystem by getting down close to the ground so you can read the story left in the tracks and impressions in the dirt. Join wilderness experts from Earthwalk Northwest and log in some dirt time! We will get down on our knees and bellies and peek inside the world of animals and plants.

Ages 8 & up - Fee: \$15.00

**33522**

T, Aug 27 ..... 11 am - Noon  
Cougar Mountain Regional Wildland Park, Bellevue

# STEWARDSHIP OPPORTUNITIES

## RECYCLE HOUSEHOLD HAZARDOUS WASTE AT THE WASTEMOBILE

Deposit your household hazardous waste and learn about green cleaning options at the household hazardous wastemobile. Call or check the web site to find out when it will be in your area. 206-296-4692 or [www.metrokc.gov/hazwaste/wastemobile](http://www.metrokc.gov/hazwaste/wastemobile).

## PLANNING A REMODEL?

The Reusable Building Materials Exchange is a free, on-line exchange service for reusable or surplus building materials for contractors and home remodelers. 206-296-4466 or <http://dnr.metrokc.gov/swd/rbme/index.htm>.

## MAKE YOUR MARK!

Protect our lakes and streams with Storm Drain Stenciling! This fun, hands on volunteer opportunity is perfect for individuals or groups all over unincorporated King County who want to make their mark to protect water quality. Stenciling drains helps communities realize how their actions with household chemicals and oil waste effect the environment. Contact Lexi Taylor at 206-296-8287 or [lexi.taylor@metrokc.gov](mailto:lexi.taylor@metrokc.gov) to borrow **FREE** stencil kits.

## PLANNING A CHARITY CAR WASH?

Did you know that water which flows into most storm drain dumps right into the closest body of water without treatment? But you can help prevent this! If you plan a charity car wash, borrow a **FREE** Clean Water Car Wash kit from King County. Wash water is kept out of the storm drain system through a simple arrangement that captures and pumps dirty water to the sanitary sewer for treatment. So it's easy... you raise money and help protect salmon and our waterways! Contact Lexi Taylor at 206-296-8287 or [lexi.taylor@metrokc.gov](mailto:lexi.taylor@metrokc.gov) to borrow a kit.

## RECYCLE YOUR COMPUTER

To find out where you can donate a used computer or where you can take it to be recycled, visit King County's Computer Recovery Project web site at: <http://dnr.metrokc.gov/swd/default.shtml>.



## BEACH NATURALIST PROGRAM

Trained volunteers will be on hand at Puget Sound beaches this summer to help you and your family learn about the fascinating plants and animals of the beach ecosystem—and how to help protect them. Visit Richmond Beach, Carkeek Park, Golden Gardens, Constellation Point (S. Alki), Lincoln Park, Seahurst Park and Des Moines Beach on any of the low tide days listed here. For more information, call the King County Department of Natural Resources and Parks at 206-296-8359, the Seattle Aquarium at 206-386-4344, or visit <http://dnr.metrokc.gov/wlr/PI/beach-naturalists.htm>. Naturalists will be available:

May 25 .....	10 am - 2 pm
May 26 .....	10 am - 2 pm
May 27 .....	10 am - 2 pm
June 14 .....	Noon - 4 pm
June 15 .....	1 - 5 pm
June 22 .....	9 am - 1 pm
June 23 .....	9 am - 1 pm
July 12 .....	11 am - 3 pm
July 13 .....	Noon - 4 pm
July 14 .....	1 - 5 pm
Aug 10 .....	10 am - 2 pm
Aug 11 .....	11 am - 3 pm

## COMPOST BINS FOR SALE

This year King County, Seattle Public Utilities and your Suburban Cities offer reasonably priced compost bins for sale. The sales will be: May 5 and May 11, 9 am to 4 pm, in four locations. For more information, go to our website, [www.metrokc.gov/soils](http://www.metrokc.gov/soils), or call 206-296-4466; toll free 1-800-325-6165, ext. 6-4466.

## SALMON WATCHER

Learn to identify salmon in your local stream! Where do salmon spawn? How far are they able to swim up the small streams that drain into Lake Sammamish or Lake Washington? These are the types of questions we need answered to allow us to help salmon populations in the greater Lake Washington watershed. No prior experience is needed to become a volunteer Salmon Watcher.

How can you help? First, you will need to attend one of several training workshops held each summer. You will learn to identify salmon, sign up for observation locations, and get your data forms. After training, you will watch for fish from a bridge crossing, public footpath, or your backyard a couple times a week during the salmon-spawning season—September through December.

For more information about the program or to sign up to be contacted next year, call Katie Sauter at 206-296-0516 or [katie.sauter@metrokc.gov](mailto:katie.sauter@metrokc.gov). Check out the Salmon Watcher website: <http://dnr.metrokc.gov/wlr/waterres/salmon/index.htm>.

## TREE PLANTING

Come plant trees at the King County Parks' Greenhouse. Great activity for all ages. Call Tina Miller at 206-296-2990 or e-mail [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov) for details.

## ADOPT A PARK

Your group can Adopt a Park or portion of a trail by volunteering there at least 4 times over a 12-month period. Contact the Parks Volunteer Coordinator at 206-296-2990 or [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov).

## VOLUNTEER TRAIL WORK

Our trails need work to keep people from getting their feet muddy. Contact WTA at [www.wta.org](http://www.wta.org) or call them at 206-517-7032.

June 8, July 13, or August 10  
Trail College on Cougar Mountain



## CAMPING AVAILABLE IN YOUR BACK YARD!

Want to camp without driving too far? Check out King County's Tolt MacDonald Park & Campground in Carnation. The park offers automobile or walk-in campsites in a family oriented environment for only \$15 per night. All sites available on a first come, first served basis through a convenient self-registration system. Located near downtown Carnation, the campground features 29 individual camping sites (17 vehicle sites and 12 walk-in sites), a 500-foot suspension bridge over the Snoqualmie River, restrooms with hot showers, a children's play area, hiking trails, a orienteering course for those interested in learning the use of a compass and an on-site campground host for assistance and information. Tolt MacDonald Park and Campground is located in Carnation, 31020 NE 40th Street, off State Road 203.



## PARK AMBASSADORS NEEDED

Volunteer Park Ambassadors are needed to maintain restoration projects. Volunteers will be trained and provided with a hat, vest, and pack. Park Ambassadors also receive free admission to King County pools and interpretive programs. For more information, contact Tina Miller at 206-296-2990 or [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov).

## FREE SUMMER GARDENING WORKSHOPS

All workshops are taught by a volunteer from the King County Master Gardeners Association. Participants meet at the information kiosk at the garden. Please call 206-296-4281 or 206-296-2964 no later than 3 pm Friday, the day before the workshop, to have your name placed on the class list so the instructors have supplies on hand or to ask further questions. Check out additional workshops and information at the WSU Cooperative Extension, King County webpage at <http://www.metrokc.gov/wsu-ce>.

## WINTER GARDENING

Did you know that there are a wealth of vegetables you can grow through the fall and over the winter in the Pacific Northwest? July is the ideal time to begin your winter garden. Learn how to supply yourself with fresh vegetables during the dark days of winter.

### FREE

SA, July 13 ..... 11 am - Noon  
Marymoor Regional Park Community Gardens, Redmond

SA, July 27 ..... 11 am - Noon  
North Green River Park Community Gardens, Kent

## PRESERVING SUMMER VEGETABLES

Learn how to preserve your summer harvest so you can enjoy the fruits of your labor all year round. You will learn simple freezing and drying techniques for herbs, tomatoes, beans, and more. Recipes will be provided in class.

### FREE

SA, Aug 3...  
11 am - Noon  
Marymoor Regional Park Community Gardens, Redmond

SA, Aug 17...  
11 am - Noon  
North Green River Park Community Gardens, Kent



## CELEBRATE SPRING TIME

Volunteer to help restore the earth. Help us weed, mulch, water or monitor our restoration projects. These projects are focused on restoring stream and wetland buffer habitats for fish and wildlife. Volunteer efforts have been, and continue to be critical to the success of these planting projects.

SA, June 1 ..... 9 am - 1 pm  
Cavanugh Pond along Cedar River, Renton

SA, June 8 ..... 9 am - 1 pm  
Cold Creek Natural Area, Woodinville

SA, May 18 & June 15 ..... 9 am - 1 pm  
Wetland Restoration, Luther Burbank Park, Mercer Island

## 52ND ANNUAL MAPLE VALLEY DAYS

The City of Maple Valley, King County Parks and Recreation and many local sponsors brings to you the 52nd Annual Maple Valley Days! Events include: carnival, parade & food drive, kidland children's area, over 100 craft & food booths, classic car show, art festival, stage performances, adaptive cycling demo, Maple Valley Fire & Life Safety demo's, and many more. For additional information, please check the web at <http://maplevalleydays.webjump.com> or the Voice of the Valley for current information.

F-SA, Jun 7 - 8 ..... Noon - 9 pm  
SU, Jun 9 ..... Noon - 5 pm  
Lake Wilderness Park, Maple Valley

## MAPLE VALLEY DAYS ARTS FEST

Hosted by the Maple Valley Creative Arts Council in cooperation with the City of Maple Valley and King County Parks. This two day event is non-competitive and is designed to showcase and celebrate local talent. For sign-up information write to MVCAC, PO Box 1070, Maple Valley, WA 98038 or call Carrie Sundstrom at 425-432-2791.

SA, Jun 8 ..... Noon - 8 pm  
SU, Jun 9 ..... Noon - 5 pm  
Lake Wilderness Center, Maple Valley



## SCRAPBOOKING

Enter one of the fastest growing crafts in the world today! This is a fun and enjoyable 3-week workshop. Students may purchase the starter kit materials needed for classes for \$40 or get the materials list prior and bring materials to class. Pre-register required 3 days prior to class.

Ages 13 & up – Fee: \$33.00

### 33507

T, Jul 9 - 23 ..... 7 - 9 pm

### 33510

T, Aug 6 - 20 ..... 7 - 9 pm

### 33511

SA, Jul 13 - 27 ..... 10 am - Noon

### 33512

SA, Aug 10 - 24 ..... 10 am - Noon  
Lake Wilderness Center, Maple Valley

## MOSAIC BIRD BATH WORKSHOP

Create a stunning bath for the neighborhood birdies using mosaic tiles, glass, china and other materials while learning the basics of working in this fascinating medium. Supply fee of \$20 payable to the instructor at first class. Pre-register by July 5.

Ages 13 & up – Fee: \$30.00

### 33508

M, Jul 8 & Jul 22 ..... 6:30 - 8:30 pm  
Lake Wilderness Center, Maple Valley

## GLASS ETCHING WORKSHOP

If you enjoy crafts, this is the workshop for you! Make a stencil and etch your choice of a glass plate or mirror for a truly remarkable project. This fun craft will add sparkle to that holiday place setting. Supply fee of \$15 payable to the instructor at the workshop. Pre-register by August 1. Supply fee of \$15.00 payable to the instructor at the workshop.

Ages 13 & up – Fee: \$16.00

### 33509

M, Aug 5 ..... 6:30 - 8:30 pm  
Lake Wilderness Center, Maple Valley

## BIRD HOUSE WORKSHOP

Use permanent ceramic paints and marker to decorate this three-story birdhouse accented with flowing flowers and vines. Even the "craft impaired" will have success with this project. Supply fee of \$20 paid to the instructor. Pre-register by August 8.

Ages 13 & up – Fee: \$16.00

### 33863

M, Aug 12 ..... 6:30 - 8:30 pm  
Lake Wilderness Center, Maple Valley

## POLYMER CLAY JEWELRY

Techniques include surface treatments, millifore cane work and more. Please bring a NuBlade and needle tool with you to class. Supply fee of \$12 paid to the instructor at class. Pre-register by August 15.

Ages 13 & up – Fee: \$16.00

### 33864

M, Aug 19 ..... 6:30 - 8:30 pm  
Lake Wilderness Center, Maple Valley

## LUNCH BUNCH STORYTIME

Join the librarian at the Park for our popular picnic storytime series. Bring a lunch and listen to stories while you munch. If it rains, we will be in the library meeting room. Many thanks to King County Parks for making the space available. For more information about other Library programs call 425-432-4620 or visit the website at [www.kcls.org](http://www.kcls.org).

### FREE

W, Jun 26 - Jul 31 ... Noon - 12:30 pm  
Lake Wilderness Park, shelter #1,  
Maple Valley

## KUDOS TO WHITE CENTER BUSINESSES

Many thanks to some extremely supportive businesses for going above and beyond our requests to assist the youth and teen in the White Center community.

Everyone at King County Parks and Recreation Division's Youth/Teen program appreciate **Pizza Time** and **Magic Lanes Family Bowling** for supporting youth in White Center.



## SOUTH KING COUNTY ARBORETUM

Spring Plant Sale – public welcome! Outstanding selections of trees, shrubs, native plants, heathers and ground covers, and perennials! Shop early for best selection! For information, call 206-366-2125 or [www.skcaf.org](http://www.skcaf.org).

### Spring Plant Sale

F, May 10 ..... 10 am - 6 pm  
SA, May 11 ..... 10 am - 4 pm  
South King County Arboretum, Maple Valley

### Plant Propagation

George Pinyuh, former King County Extension Agent, will talk about plant propagation.

T, June 4 ..... 6:30 - 9 pm  
(potluck dinner, 6:30; program @ 7 pm)  
Maple Valley Community Center,  
Maple Valley

## NIGHT OUT AGAINST CRIME BBQ

Join us in strengthening our neighborhoods spirit in White Center by celebrating King County's Night Out Against Crime Event with a free barbecue, an all ages softball game, and fun activities for youth. Invite your family, friends and neighbors to enjoy food and fun outdoors at your neighborhood park - White Center Park.

All Ages

### FREE

T, Aug 6 ..... 5 - 9 pm  
White Center Park, White Center

# PARTNERSHIP PROGRAMS

## SEATTLE ROWING ASSOCIATION

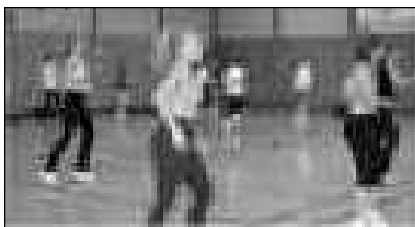
Are you interested in the graceful sport of rowing, but have no experience? These ongoing classes will teach you the fundamentals of the sport, including boat handling, rowing terminology, and the basic rowing stroke. Students will spend most of their time in an eight-oared shell, with some introductory land training. (Ages 13 -18) For experienced and inexperienced alike, these classes are open to Middle and High School (Grades 8 - 12) students interested in rowing and coxing, and will provide the opportunity for regatta participation. SRA can provide scholarships; please contact Gretchen for more information at 425-653-2583.

## LEARN TO FLY RADIO CONTROLLED GLIDERS

King County Parks and the Seattle Area Soaring Society (SASS) are pleased to announce FREE soaring instruction at the glider field, 60 Acres Park South, Wednesday evenings (after 5pm). Learn to fly or just improve your soaring skills. Get help with building techniques and trimming your planes for flight. Bring your glider or electric plane and your radio. Club winches, retrievers and high starts are available at the field. 60 Acres Park South is located North of Redmond on 116th Avenue NE. For more information visit [www.reddata.com/sass/](http://www.reddata.com/sass/).

## MARYMOOR VELODROME ASSOCIATION

Have you ever wanted to ride a bike on the Velodrome's slanted track? This is your chance! The Marymoor Velodrome Association's Developmental Cycling Program is a FREE, introductory track bicycling program for kids from 5 to 18 years old. Participants are instructed in the basics of track riding and racing by experienced coaches and international level bicycle racers. Class sessions start in May and go through October. For more information check out the website at [marymoor.velodrome.org](http://marymoor.velodrome.org).



## JAZZERCISE

Have you been searching for a "magic" cure to get rid of those unwanted pounds...perhaps tone and strengthen those flabby muscles...or just need a cure for the "fitness club blues"? Well, search no more! Jazzercise has it all! Our one-hour classes are designed for REAL people of ALL fitness levels. We will help you achieve and maintain your fitness goals with our unique blend of music and moves sure to get you moving and grooving. We'll even put a smile on your face!! First class **FREE**. One month of unlimited classes only \$34. Call 425-432-1872 for more information on these and other Maple Valley Jazzercise classes or visit their website: [www.mvjazzercise.freesevers.com](http://www.mvjazzercise.freesevers.com).

M/W, May 7 - Aug 23 ..... 6 - 7 pm  
SA, May 4 - Aug 24 ..... 8:30 - 9:30 am  
Gracie Hansen Community Center,  
Ravensdale

## BEGINNING TAI CHI

Although it can be a lightning-flash and thunder-power martial art, Tai Chi is more often practiced for exercise, relaxation and it's numerous health benefits. Often referred to as "moving meditation" and "Chinese Yoga", its movements are based on coordination of the mind, heart, inner body and outer body. In this course you will learn the first portion of Tai Chi's popular Short Form. Call Ronald Jorgensen to register, 360-825-3413.

Fee: \$ 45.00

T, Jul 9 - Aug 13 ..... 6:30 - 8 pm  
Lake Wilderness Center, Maple Valley

"Success will be waiting for you.  
The only thing you have to do is  
admit to yourself  
you are capable of achieving it."

*Author Unknown*

## SUNSHINE GENERATION CHILDREN'S PERFORMING GROUP

Sunshine Generation is an exciting National Children's performing group that builds a child's self-esteem through song, dance and fun! Children build social skills as they learn to speak and sing publicly through narrator and solo parts. Performances are optional. Those who choose to perform will have an additional cost for the costume. Please contact Kim, 425-271-7517 for more information and to receive a registration packet. Classes are ongoing. Family discounts are given.

Fee: \$37 per month

Sunbeams! Ages 3 - Kindergarten  
W, May 29 - Aug 28 ..... 3 - 3:55 pm

Sundance! 1st - 3rd grade  
W, May 29 - Aug 28 ..... 4 - 4:55 pm

Solar Sound! 4th - 6th grade  
W, May 29 - Aug 28 ..... 5 - 5:55 pm

Lake Wilderness Center, Maple Valley

## Skyhawks SPORTS

King County Parks and Recreation is please to partner with Skyhawks this summer to bring you Sports programs for kids! Programs include soccer, baseball, basketball, flag football, roller hockey, golf, tennis and Minihawk—an introduction to soccer, baseball and basketball for youth ages 4 - 7. For more information and to register please call 1-800-804-3509 or visit the website: [www.skyhawks.com](http://www.skyhawks.com). Programs will be held at the following King County Park locations:

Ravensdale Park, Ravensdale  
Fort Dent Park, Tukwila  
Marymoor Regional Park,  
Redmond  
Big Finn Park, Kirkland  
Juanita Beach Park, Kirkland



# FITNESS, HEALTH & WELLNESS ACTIVITIES

## TONING WITH WEIGHTS

This specialized class for men and women is designed to work your major muscle groups, using hand weights to music. This class will tone and/or build your muscles. Please supply your own weights. Suggested weights for beginners are 1-3 lbs., intermediate 3-8 lbs., and advanced 8-15lbs.

Ages 16 & up

**32590** – Fee: \$25.00

M, Jun 24 - Jul 22 ..... 6:45 - 7:45 pm

**32593** – Fee: \$20.00

M, Jul 29 - Aug 19 ..... 6:45 - 7:45 pm

**32600** – Fee: \$25.00

W, Jun 26 - Jul 31 ..... 6:45 - 7:45 pm

**32602** – Fee: \$15.00

W, Aug 7 - 21 ..... 6:45 - 7:45 pm

Si View Park Community Center,  
North Bend



## YOGA TOGETHER

This Yoga class is especially designed for youth, teens and parents (or other guardian) to share, but all adults are welcome. Class will include stretching, strengthening and preparing mind and body for the upcoming week. The shorter time is excellent for beginners to try yoga, but the instructor can teach intermediate techniques for those more skilled. An adult must accompany ages 10 - 16.

Ages 10 & up – Fee: \$39.00

**32758**

M, Jun 24 - Aug 26 ..... 5:15 - 6:15 pm  
Lake Wilderness Center, Maple Valley

## HEALING STRESS WITH YOGA

Do you want to relax, gain body strength and create mental well being? You can do that in just 9 weeks! Learn how to combine breathing, relaxation and visualization to improve body flexibility and expand your physical and mental energy. Imagine all you can accomplish with more energy!

Ages 16 & up – Fee: \$53.00

**32754**

M, Jun 24 - Aug 26 ..... 6:30 - 8 pm

**32755**

T, Jun 25 - Aug 27 ..... 9:30 - 11 am  
Lake Wilderness Center, Maple Valley

## RACQUETBALL

Give your cardiovascular system a workout. Indoor racquetball/handball courts are available for reserved use during scheduled hours. Reservations are taken the day of play or up to two days in advance by calling 206-296-4542 during listed hours of court operation. Participants under 18 years of age may play when accompanied by an adult.

Ages 18 & up – Fee: \$9/court hour

**33761**

T - SA, Jun 25 - Aug 17 ..... 6 - 9 pm  
White Center Park, White Center

## SKYHAWKS SPORTS

Sports programs for kids. Please **see page 13** for program and registration information.

## KARATE – BEGINNING

Isshinru Karate is a modified form of Gojo-ryu and Shorin-ryu Karate. Students will learn kicks, punches, blocks, breathing, balance, and coordination. More importantly, students will learn self-discipline and gain self-respect and confidence. All participants progress at their own rate.

Ages 8 & up – Fee: \$40.00

**32596**

TH, Jun 27 - Aug 22 .. 6:30 - 7:30 pm  
Si View Park Community Center,  
North Bend

## KARATE – INTERMEDIATE

Continuation of beginning Karate. Participation by instructors permission.

Ages 8 & up – Fee: \$50.00

**32597**

TH, Jun 27 - Aug 22 .... 7:30 - 8:30 pm  
Si View Park Community Center,  
North Bend

## KENDO

Kendo is a highly technical Japanese sport developed from Samurai warrior swordsmanship. Students use armor and bamboo sticks when engaged in matches which are facilitated by the instructor. Kendo equipment list available from instructor. Wood sword required at first class – \$15; Bamboo sword required after 4-6 weeks – \$27. No class 7/8.

Ages 6 & up – Fee: \$40.00

**33837**

M, Jul 1 - Aug 12 ..... 6 - 8:30 pm  
White Center Park, White Center

## SUMMER TEEN SPORTS

Join us at the Log Cabin for Tournament Tuesdays! You can learn new skills in your favorite sports and make new friends too! Play softball, volleyball, flag football, soccer, and basketball outdoors. If it rains the Log Cabin is available for pool, foosball, and ping-pong.

Ages 12 - 19 – **FREE**

**33752**

T, Jun 25 - Aug 13 ..... 4 - 6 pm  
White Center Park, White Center

## SUMMER DANCE

Nurture your body, mind, and creative spirit this summer in our three brand new air conditioned studios with sprung hardwood floors. Located right off I-90 just 2 miles east of Issaquah in Preston. The Center for Dance is offering summer classes for ages 3 - adult in Music & Dance, Ballet, Tap, Jazz, Hip Hop, Yoga and more! For program information call 425-222-7050 or visit [www.thecenterfordance.com](http://www.thecenterfordance.com).

## JAZZERCISE

One-hour classes are designed for REAL people of ALL fitness levels! Please **see page 13** for program and registration information.





# KING COUNTY FAIR

**Admission Fees: Adults – \$7.00 Seniors – \$5.00**  
**Kids 15 & under – \$4.00 Kids under 6 – Free**

The King County Fair continues to celebrate its historic country roots of the 1800s, featuring an old-time western theme and country music artists every night. The King County Fair has a long country tradition dating back to 1863 when it was founded – it is the oldest county fair west of the Mississippi River.

The King County Fair has always been known for its old-fashioned fair atmosphere and traditional fair entertainment such as carnival rides and agricultural displays. Along with big-time rodeo and a logger's competition, the 2002 Fair will include daily performances of an old-style, western-theme melodrama by actors dressed in 19th Century period costume. The performances will occur three times per day at different locations around the Fairgrounds, building mystery and suspense each day. The dramatic conclusion to the melodrama will be revealed on the last day of the Fair, Sunday, July 21.



## CRITTER CROWNING CONTEST

Think your pig ought to be in pictures? Or maybe you feel your dog is true royalty. Then the King County Fair's Critter Crowning Contest is right up your alley. The winner of the Critter Crowning Contest will be named official mascot of the 2002 King County Fair - the King County Royal Critter. For more information or to receive an application by mail, please call the King County Fairgrounds at 206-296-8888 or 360-825-7777, or send email to [joan.lewis@metrokc.gov](mailto:joan.lewis@metrokc.gov).

## FAIR FAST FACTS

Dates: July 17 – 21, 2002 140th Annual  
 Hours: Opens 10 am daily  
 Theme: "Come Home to the King County Fair"  
 Most Popular: Carnival Rides  
 Favorite Food: Piggly Wiggly Curly Fries  
 Best Time to come: 12:00 o'clock – High Noon  
 Best Time to leave: Closing  
 Favorite Displays: Grange Exhibits  
 Fun Kid things: Swimming Hole, Kids Crafts, more rides!  
 Fun Adult things: Concerts, Rodeo and visiting friends  
 Fun Family things: Farman's Family Area, Livestock Barns: *Watch where you step!*

## FEATURED PERFORMERS

Tower of Power  
 W, July 17 ..... 7:30 pm  
 Martina McBride  
 TH, July 18 ..... 7:30 pm  
 Carolyn Dawn Johnson  
 F, July 19 ..... 8:30 pm  
 Sons of the San Joaquin  
 SA, July 20 ..... 8:30 pm  
 '4 Him'  
 SU, July 21 ..... 7 pm

## BEST BARGAINS AROUND

Special discount days and promotional activities that make the King County Fair an even better deal.

### FREE

W, Jul 17, Senior Day – 62 & up  
 TH, Jul 18, Kids Day

### \$1.00 Carnival Rides

F, Jul 19 1 ..... 11 am - 5 pm

### Family Day –

**\$15 for 2/adults & 2/kids**

SU, Jul 21



## OTHER FAIRGROUND EVENTS

Dairy Association Spring Dairy Show  
 SA, May 18 ..... 10 am - 4 pm  
 Evergreen State Shetland Sheep  
 Dog Specialty Show  
 F, Jun 7 ..... 11 am - 3 pm  
 Trailblazers 4-H Horse Show  
 SA, Jun 8 ..... 8 am - 6 pm  
 Young Riders 4-H Horse Show  
 SA, Jun 15 ..... 8 am - 6 pm  
 Enumclaw Junior Rodeo  
 F, Jun 28 ..... Noon - 6 pm  
 SA, Jun 29 ..... Noon - 11 pm  
 SU, Jun 30 ..... Noon - 6 pm  
 4th of July Community Fireworks  
 TH, July 4 ..... 8 - 10:30 pm  
 Pacific Northwest Highland Games  
 F, Jul 26 ..... 7:30 - 11 pm  
 SA, Jul 27 ..... 8 am - 11 pm  
 Su, Jul 28 ..... 8 am - 7 pm  
 Olympic Kennel Club Show  
 F - SU, Aug 16 - 18 7:30 am - 5:30 pm  
 Les Schwab Tires Family Fun and  
 Cars in the Sun  
 SU, Aug 25 ..... 10 am - 4 pm

# SPECIALIZED RECREATION PROGRAMS

King County Parks & Recreation offers Specialized Recreation programs that are designed for people who have development disabilities. People with special needs are encouraged to participate in all recreational programs offered for the public. If you need assistance to participate, please let us know when you register. Due to limited space, pre-registration is required for all programs. Please call 206-296-2964 or 206-205-8334 for additional information or to register and to get on our mailing list.

## OVERNIGHT CAMP

Gold Creek Camp in Woodinville offers a fun, summer get away designed especially for people with developmental disabilities. The lodge is modern with all the comforts of home. The facility can accommodate two wheelchair users and 20 others per session. Activities include traditional camp fun (swimming, campfires, songs, skits and crafts) as well as outings to specific destinations as described. Staffing is on a 4:1 ratio.

**Please Note** – Campers should have bathroom independence and the ability to participate in a group of four, with one counselor, for an extended period of time. If unable to participate on a 4:1 ratio, a camper is welcome if they provide a one-on-one volunteer. Camp expenses for volunteer will be covered. If you have never attended, please call 206-205-8334 to discuss placements.

*New this year!* Camp T-shirts are included in the camp fee! So don't forget to fill out the T-shirt form with your shirt size.

Check-in time:

Monday ..... 10 am

Check-out time:

Thursday ..... 11 am

Gold Creek Lodge, Woodinville

## AMERICA THE BEAUTIFUL

Start the summer off with a "blast" as the Boeing Employees Model Rocket Club assists us in decorating our personal rockets and launching them from 60 Acres Park. This outing will include Joan Root's famous "walking tacos" for lunch. July 3 we'll attend an All-American sporting event – baseball by the Tacoma Rainiers. Following the game we'll watch their fireworks extravaganza!

Ages 16 & up – Fee: \$188.00

**33483**

M - TH, Jul 1 - 4

Gold Creek Lodge, Woodinville

## WILD WAVES

Experience a full day at the new, improved WILD WAVES/ENCHANTED VILLAGE that has added 10 new rides this year. Water lovers will enjoy Hook's Lagoon and Buzzsaw Falls. Carnival ride lovers can try the Hang Glider and the Octopus, among others. We will take a picnic and make it a day of water slide and carnival ride fun. The slightly higher fee reflects admission to the theme park.

Ages 16 & up – Fee: \$196.00

**33484**

M - TH, Jul 8 - 11

Gold Creek Lodge, Woodinville

## KING COUNTY FAIR

Dust off your ten-gallon hat and boots as you get ready for pigs, horses, chickens and old-fashioned down-home fun at the King County Fair. This can be a great learning experience as well as a terrific way to spend your summer vacation. The 4-H kids will inform you about the joys and trials of raising cows, goats, rabbits and more. Gold Creek is also offering its annual hoe-down Barn Dance during this session, BBQ and all. Bring your country western get-up to make it authentic. We will be eating dinner at the fair, please bring \$10 for dinner and any extra spending money.

Ages 16 & up – Fee: \$188.00

**33485**

M - TH, Jul 15 - 18

Gold Creek Lodge, Woodinville



## LOCAL HEROES

Spend time developing new friends and take time to meet and learn about King County local heroes. We will meet local police, firemen and women, and will spend an afternoon contributing to our community by volunteering at the Northwest Harvest food bank. To reward your hard work, we will enjoy a day in Seattle with a trip to Cinema Grill. We will view the movie "Batman," a lifetime hero, on the big screen while eating pizza. After lunch we will go kite flying at Gas Works Park. We will end the week with a Talent Show, so bring any music or props you might need.

Ages 16 & up – Fee: \$188.00

**33486**

M - TH, Jul 29 - Aug

Gold Creek Lodge, Woodinville

## IT'S MAGIC AND SO ARE YOU!

The big outing for this week is a trip to "Illusionz", the new game center in Issaquah with a magical twist. As you walk around you will be mystified by the things you pass, such as, water that runs upstream and holograms of images that appear one minute and move away the next! If you would like to buy a souvenir from the gift store, bring spending money. We will also visit another magical place, the top of the Seattle Space Needle.

Ages 16 & up – Fee: \$188.00

**33487**

M - TH, Aug 5 - 8

Gold Creek Lodge, Woodinville

"Your biggest challenge isn't someone else. It's the ache in your lungs and the burning in your legs, and the little voice inside you that yells, 'can't!' But you don't listen; you just push harder and then you hear the voice whisper 'can' and you realize the person you thought you were is no match for the one you really are."

*Author Unknown*

# SPECIALIZE RECREATION PROGRAMS

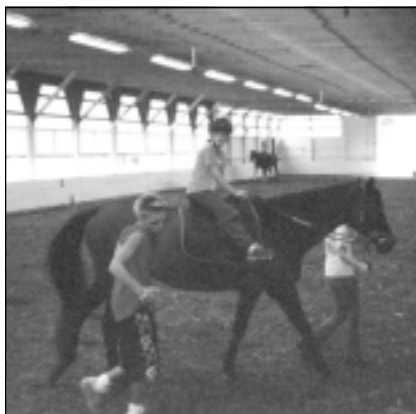
## KID'S EQUESTRIAN RESIDENT CAMP

This is a unique opportunity for kids to try horseback riding in a safe and highly supervised environment. At this four-day camp, children will receive two one-hour riding lessons and instruction on horse care including grooming, feeding, tacking and cleaning stalls. Other camp activities will include swimming, arts and crafts, hiking, singing and two half-day field trips. At the end of the four days, kids will walk away with a greater knowledge of horses, great new friends and wonderful new memories. King County Parks and Recreation, in cooperation with Little Bit Therapeutic Riding Center, sponsors this camp. Kid's Equestrian Resident Camp will be staffed with a higher ratio of staff-to-campers experienced with children with special needs. This camp can accommodate up to 8 children with disabilities with a total of 20 campers. Additionally, all "Little Bit" staff and volunteers are highly trained and experienced with children with special needs, as well as typically developing children. For more information, please call Krisann at 206-205-8334.

Ages 10 - 15 - Fee: \$220.00

**33488**

M - TH, Jun 24 - 27  
Gold Creek Lodge, Woodinville



It is not because things are difficult  
that we do not dare;  
it is because we do not dare  
that they are difficult.

## YOUR INNER CLOWN

Can you feel your inner clown? If so, this class is for you. Attend this 3-hour workshop and walk away with a greater knowledge of how to be a real clown. You will learn simple slapstick, balloon making, easy magic, juggling and clown make-up. Your instructor will be Traci Livingston, a professional clown who has worked with the Ringling Brothers Circus and is now employed by Clowns Unlimited. Dinner is included with this class.

Ages 13 - 16 - Fee: \$15.00

**33481**

TH, May 30 ..... 6 - 9 pm  
Gold Creek Lodge, Woodinville

## DESIGN THE SUMMER CAMP SHIRT

Come to this barbecue and take part in designing of the annual T-shirt for Gold Creek Camp! Everyone will take part in voting for the best design and the winner will receive a FREE camp shirt - who knows, you could be the winner. There is no need to be an artist. Come with ideas based on this summer's theme - "Life's too short, eat S'mores." Lunch included.

Ages 16 & up - Fee: \$16.00

**33482**

SU, Jun 2 ..... 10 am - 2 pm  
Gold Creek Lodge, Woodinville

## SUNDAY AT THE KING COUNTY FAIR

The King County Fair in Enumclaw is always a big hit and now you have the chance to go again. See and touch farm animals, listen to music and go on rides. There is nothing like 'fair food' for dinner. Have your friends' sign up too! Please bring \$20 for dinner and any spending money for rides and souvenirs.

Ages 16 & up - Fee: \$19.00

**33587**

SU, Jul 21 ..... 9 am - 6 pm  
Gold Creek Lodge, Woodinville  
Leave 9 am - Return 6 pm  
Kenmore Park, Kenmore  
Leave 9:30 am - Return 5:30 pm

## CLASS LOCATIONS

Cottage Lake Park ..... NE Woodinville/Duval Rd @ 188th NE, Woodinville  
Gold Creek Lodge ..... 16020 148th Ave NE, Woodinville  
Gracie Hansen Community Center ..... 27132 SE Ravensdale Way, Ravensdale  
King County Fairgrounds ..... 45224 248th Ave SE, Enumclaw  
Lake Wilderness Center ..... 22500 SE 248th St, Maple Valley  
Luther Burbank Park ..... 2040 84th Ave SE, Mercer Island  
King County Aquatic Center ..... 650 SW Campus Dr, Federal Way  
Marymoor Regional Park ..... 6046 W Lake Sammamish Pkwy NE, Redmond  
Northshore Pool ..... 9815 NE 188th St, Bothell  
North Green River Park ..... Green River Rd & 94th PL S, Kent  
Preston Community Center ..... 625 310th SE, Preston  
Si View Park Community Center ..... 400 SE Orchard Dr, North Bend  
Tolt MacDonald Park & Campground ..... NE 40th & Fall City/Carnation Rd, Carnation  
West Hill Community Center ..... 12400 80th Ave S, Seattle  
White Center Park Community Center ..... 1321 SW 102nd, White Center



"The past cannot be changed.  
The future is yet in your power."

Mary Pickford



# AQUATICS

We operate 14 indoor and two outdoor seasonal swimming facilities throughout the County. Each pool offers 25-yard lap lanes (Si View's are 50 feet), programs, and lessons for participants from infants through seniors. These include: Group, Semi-Private or Private Swimming Lessons; Water Exercise; Lifeguard Training; First Aid; Water Safety Instructor Training; Diving; Pre Competitive; and CPR for the Professional Rescuer. Please check your local pool for availability of your favorite programs. Visit the web at <http://www.metrokc.gov/parks/pools/pools1.htm> for details on each pool.

## WATER LINEUP!

In addition to lessons, pools offer a variety of diverse activities. Here's just a sample!

- Public swim
- Water exercise
- Pool parties
- Float-in Movies
- Kayaking
- Pool rentals
- Lap swim
- Water polo
- Diving
- Water aerobics
- SCUBA
- Family swim



## SWIM LESSONS

Lessons for all abilities are available for students year round, from ages 6 months through senior citizens. Placement tests are held free of charge to determine proper class level. The placement test takes approximately five minutes; but it necessary for correct lesson level placement. Private and semi-private lessons are also available.

\*(Lesson fee varies depending on class size and number of lessons)

## INFANT - PARENT & PARENT - TODDLER

This program provides a basic introduction to the aquatic environment, focusing on the parent and child as one learning unit. Introduction to supported movement and other skills in the water. Parents must participate in program with toddler.

Ages 6 months - 3 years  
\$32 - \$40/10 lessons\*

## ADULT

Adult lessons are structured to meet the needs of the individual students.

Ages 16 & up - \$32-\$40/10 lessons\*

## KING COUNTY POOLS

Auburn .....	516 4th NE,Auburn .....	253-939-8825
Cottage Lake .....	18831 NE Woodinville-Duvall Rd, .....	206-296-2999
Woodinville .....		
Enumclaw .....	420 Semanski St S, Enumclaw .....	360-825-1188
Evergreen .....	606 SW 116th,Seattle .....	206-296-4410
Federal Way .....	30421 16th Ave S,Federal Way .....	253-839-1000
Kent .....	25316 101st Ave SE,Kent .....	206-296-4275
Mercer Island .....	8815 SE 40th St,Mercer Island .....	206-296-4370
Mt. Rainier .....	22722 19th Ave S,Des Moines .....	206-296-4278
Northshore .....	9815 NE 188th St,Bothell .....	206-296-4333
Redmond .....	17535 NE 104th St,Redmond .....	206-296-2961
Renton (Lindbergh) .....	16740 128th Ave SE,Renton .....	206-296-4335
Si View .....	400 SE Orchard Dr,North Bend .....	425-888-1447
South Central (Foster) .....	4414 S 144th,Seattle .....	206-296-4487
Tahoma .....	18230 SE 240th,Kent .....	206-296-4276
Vashon .....	9625 SW 204th St, Vashon Island .....	206-463-3787
Weyerhaeuser/King County Aquatic Center .....	650 SW Campus Dr, Federal Way .....	206-296-4444

## PRESCHOOL 1 - LEVEL 5

Introduces the swimmer to water safety education, develops basic swimming skills including elementary propulsion in the water, floating skills, unassisted swimming for 25 yards or more, breath control, adjustment to deep water swimming, develops coordination strength and endurance skills.

Ages 3 - 6 - \$32-\$40/10 lessons\*

## YOUTH LEVEL 1 - 7

Introduces the swimmer to water safety education, develops basic swimming skills, crawl stroke, rhythmic breathing, increased coordination and endurance, backstroke, breaststroke and side-stroke, diving from diving board, proficiency in fundamental strokes and skills, introduction to approach stroke, flip turns, and surface dives.

Ages 6 - 13 - \$32-\$40/10 lessons\*



## SAFETY TRAINING

King County pools offer a variety of Red Cross training classes including Lifeguard, CPR/First Aid and Water Safety. Please check out the web or call your local pool for specifics.

## EMPLOYMENT

King County Parks swimming pools and the summer beach program are looking for lifeguards and swimming instructors. Contact the Aquatics office at 206-296-7643 for specific training requirements and an application.

# AQUATICS

## POOL USE FEES

Public & family swim .....	\$1.85
Adult & lap swim .....	\$3.00
Water exercise, 1/2 hr .....	\$2.75
Water exercise, 1 hr .....	\$4.00
Exercise card, 1/2 hr .....	\$24.75
Exercise card, 1 hr .....	\$37.00

<b>Pool Passes</b>	<b>3 Mos</b>	<b>1 yr.</b>
Youth .....	\$ 55	\$140
Adult .....	\$ 90	\$230
Family .....	\$160	\$368
Sr. Citizen (+62) .....	\$ 55	\$120

## POOL RENTALS

Great for birthdays, private groups, and parties! Bring the whole family! Rentals are available during normal non-programmed hours. Call your local pool for availability.

<b>Group Size</b>	<b>Fee per hour</b>
1 -25 .....	\$58
26 -60 .....	\$80
61 -90 .....	\$100
91 -120 .....	\$125
121 or more .....	\$150
BIG Toy rental .....	\$29

## SPLASH-N-DASH – NORTHSHORE POOL SUMMER DAY CAMP

What's happening this summer? Fun! Fun! Fun at the King County's Northshore Pool. Seven fun filled weeks packed with swimming lessons, tumbling, games, arts and craft projects and guest speakers, all planned just for **YOU!** Sign up for one or seven weeks. SPASH-N-Dash Day Camp begins July 1 through August 16, with different activities each week. **Please Note:** Many of the planned activities relate to the weekly theme, adding an extra dose of fun and excitement for kids and staff. Campers will also participate in traditional day camp activities.

Ages 6 - 12

Fee: \$135/per week, \$125/week of July 1 - July 5  
(NO program Thursday, July 4)

M - F, July 1 - Aug 16 ..... 9 am - 4 pm  
(before/after care 7 - 9 am & 4 - 6 pm)  
Northshore Pool, Bothell

**(Please see page 7 for complete details)**

## 2ND ANNUAL KING COUNTY YOUTH TRIATHLON

Ready to test your endurance? Attend this challenging event for children 18 years old and younger. The competition will be held at Lake Wilderness Park in Maple Valley, Saturday, August 24. Athletes will compete in age categories over a course of a 0.25 or 0.5 mile swim, 1.5 or 3.0 mile run and a 5.0 or 10.0 mile bike route. For more information, visit [www.metrokc.gov/parks](http://www.metrokc.gov/parks) or call 206-296-4281.



## TRIATHLON TRAINING OPPORTUNITIES

Here's your chance to improve your stroke and gain knowledge on how to swim efficiently in an open water environment and prepare yourself to preform your best! You'll also have the opportunity to test out your 'pool' skills in open water at Lake Wilderness.

Ages 7 - 18 – Fee: \$5.00

M, Apr 1 - Aug 19 ..... 8 - 9 pm  
Tahoma Pool, Kent

W, Jul 3 - Aug 21 ..... 7 - 8 pm  
Lake Wilderness, Maple Valley

## SWIM TECHNIQUE CLASS

Side breathing got you down? Does your butterfly look like you are a fish out of water? Is your elementary backstroke not so elementary? If so, attend our workshops designed to target important skills and improve swimming technique. Cost, \$5.00/half-hour – please call the Mt. Rainier Pool at 206-296-4278 for details.

## DROP-IN TRAINING

Drop-in class with an emphasis on competitive strokes, skills and training. Open to all ages. Great for high school swimmers wanting to start training early or triathletes looking to improve your swimming skills or training for the 2002 King County Youth Triathlon!

All ages – Fee: \$3.00 per class

M, W, F, Jun 24 - Aug 23 ..... 1 - 2 pm  
Tahoma Pool, Kent

## FLOAT-IN MOVIES

• Mt. Rainier Pool

May 12, June 16, July 14, August 11  
SU ..... 1 - 3 pm

• Northshore Pool

May 17, June 28, July 26, August 23  
F, ..... 9 - 11 pm

Teen Night - music & swim - all  
summer excluding movie nights  
F, Jul 5 - Aug 30 ..... 9 - 11 pm

• Tahoma Pool

Tropical Island Get Away – three days  
of fun!

TH, Jun 20 ..... 1 - 3 pm  
F, Jun 21 ..... 1 - 3 pm  
SA, Jun 22 ..... 7 - 9 pm

Mid Summer Music Madness for  
Teens! Dance on deck and then cool  
off with a dip in the pool while a DJ is  
playing your favorite tunes!

Fee: \$5.00

SA, Jul 20 ..... 8 - 10 pm

## ART DAYS AT MT. RAINIER POOL!

Create your very own hydro 'foil' sailing vessel and enter our 1st Annual Mt. Rainier Hydro-sail races! Winners receive one free public swim.

All ages

Fee: \$6.00

W, Jul 24 ..... 1 - 4 pm  
Make your own hydro bracelets and  
memory boxes and enjoy an afternoon  
of swimming!

Fee: \$8.00

W, Aug 21 ..... 1 - 4 pm  
Mt. Rainier Pool, Des Moines

# TEEN PROGRAMS, ACTIVITIES & FIELD TRIPS



## SI VIEW PARK TEEN PROGRAM

Are you 12-19 years old and looking for a fun and safe place to hang out on Friday night? This is the place for you! Teen Night is open every Friday night. Make new friends, talk with caring adults, or come to hang out in a creative, fun and safe environment. Call 206-296-2956 for more information. Location: 400 SE Orchard in North Bend. The majority of programs are **FREE!**

Ages 12 - 19 – **FREE**

F, Jun 28 - Aug 16 ..... 6 - 9:30 pm

- Basketball
- Arts & Crafts
- Food!
- Field Trips
- Volleyball
- Cooking Classes

Si View Park Community Center,  
North Bend

## V.A.L.L.E.Y. IS BRIDGING THE GAP

V.A.L.L.E.Y (Valuing And Linking Law Enforcement and Youth) FUN. King County Parks, King County Sheriff's Office, Eastside Fire & Rescue, Snoqualmie Police Department, Children's Services of Sno-Valley and HUB are bringing V.A.L.L.E.Y Fun to Si View Park. The entire family is invited to work together in bridging the gap between youth and law enforcement. Fun, food, games and arts will be available for all ages. Teens are encouraged to participate in a fun softball game vs local law enforcement talent. Call 206-296-2956 today to join the team.

All Ages – **FREE**

**33665**

F, Jun 28 ..... 3:30 - 5:30 pm  
Si View Park Community Center,  
North Bend

## WHITE CENTER PARK TEEN PROGRAM

"The Log Cabin." Have you driven or walked by the big building at White Center Park? Have you ever wondered what's in that place? NOW is your chance to find out. Bring your friends and discover all the exciting activities to be found inside The Log Cabin including an incredible full length basketball court, a full kitchen, and a resource center with computers and internet access. When you want to just relax with friends we also have pool tables, foosball, and a wide variety of games. Join us for an evening of fun and you will never have to wonder "What is there to do tonight?" All youth and teens 12-19 years old are welcome to participate in a variety of fun activities and field trips. Don't wait another day, come and explore new things and places to go in a supportive environment – check out the program known as The Log Cabin today! Call 206-296-4542 for more information and an updated schedule of activities. Pick up a Summer calendar of events at The Log Cabin.

## TEEN ACTIVITIES

- Burnt Toast
- The Hot Spot
- Golf
- Creative Corner
- Basketball
- Racquetball
- Memory Album

Ages 12 - 19 – **FREE**

**26543**

T-SA, Jun 25 - Aug 17 ..... 6 - 10 pm  
White Center Park, White Center



"A sense of curiosity is nature's  
original school of education."

*Smiley Blanton*

## TOURNAMENT TUESDAYS @ THE LOG CABIN

Join us at The Log Cabin for Tournament Tuesdays! You can learn new skills in your favorite sports and make new friends too! Play softball, volleyball, flag football, soccer, and basketball outdoors. If it rains The Log Cabin is available for pool, foosball, and ping-pong.

Ages 12 - 19 – **FREE**

**33752**

T, Jun 25 - Aug 13 ..... 4 - 6 pm  
White Center Park, White Center



"You must get involved to have an  
impact. No one is impressed with the  
won-lost record of the referee."

*John H. Holcomb*

## NIGHT OUT AGAINST CRIME BBQ

Join us in strengthening our neighborhood spirit in White Center by celebrating King County's Night Out Against Crime Event with a free barbecue, an all ages softball game, and fun activities for youth. Invite your family, friends and neighbors to enjoy food and fun outdoors at your neighborhood park - White Center Park!

All Ages – **FREE**

T, Aug 6 ..... 5 - 9 pm  
White Center Park, White Center



# TEEN PROGRAMS, ACTIVITIES & FIELD TRIPS

## WEST HILL TEEN PROGRAM

The West Hill Community Center is open for supervised drop-in recreation for teens, adults and families. Teens can take advantage of our weekly cooking class, basketball, video games, pool, ping pong, foosball, air hockey and educational computer programs. Quarterly program calendars outline a variety of summer trips. They are available at the community center, Dimmit Middle School or at the Skyway Library. Call 206-205-8333 for more information. **Summer hours begin June 17 - August 23.**

## TEEN ACTIVITIES

- Cooking Class
- Drama Class
- Arts & Crafts
- Cheerleading
- Basketball

Ages 11-19

**FREE**

M - F ..... 1 - 6 pm  
SA - SU ..... Closed



"The road to success  
cannot be traveled using  
cruise control."

*Author Unknown*

## ATTENTION ALL TEENS!

Mid Summer Music Madness for Teens! Dance on deck and then cool off with a dip in the pool while a DJ is playing your favorite tunes!

Fee: \$5.00

SA, Jul 20 ..... 8 - 10 pm  
Tahoma Pool, Kent

## WEST HILL TEEN FIELD TRIPS

- Green Lake Adventure  
F, Jun 28 ..... 12:30 - 5:30 pm
  - Alki Beach  
T, Jul 9 ..... 11:30 am - 4:30 pm
  - Seattle Tour  
F, Jul 12 ..... 12:30 - 5:30 pm
  - Wild Waves (2 trips)  
W, Jul 10 ..... 10:30 am - 6:30 pm  
W, Aug 14 ..... 10:30 am - 6:30 pm
  - Snoqualmie Falls  
F, Jul 19 ..... 12:30 - 5:30 pm
  - Movie and Pizza  
F, Jul 26 ..... 12:30 - 5:30 pm
  - Seattle Art Museum  
TH, Aug 1 ..... 11:30 am - 4:30 pm
  - Bremerton Ferry Tour  
F, Aug 2 ..... 12:30 - 5:30 pm
  - Coulon Park  
F, Aug 9 ..... 12:30 - 5:30 pm
  - Lincoln Park  
F, Aug 16 ..... 12:30 - 5:30 pm
- All field trips leave and return from the West Hill Community Center in Skyway.



"All life is an experiment. The more  
experiments, the better."

*Ralph Waldo Emerson*



## DO YOU HAVE THE SKILLS TO COMPETE?

Can you swim? How about your running abilities or biking speeds? Ready to test your endurance and pit yourself against your peers? Plan on participating in the 2nd Annual, King County Youth Triathlon. This challenging event is for kids 18 years old and younger. The competition will be held at Lake Wilderness Park in Maple Valley, Saturday, August 24. Athletes will compete in age categories over a course of a 0.25 or 0.5 mile swim, 1.5 or 3.0 mile run and a 5.0 or 10.0 mile bike route. For more information, visit [www.metrokc.gov/parks](http://www.metrokc.gov/parks) or call 206-296-4281.

## INGREDIENTS FOR SUCCESS

Extensive research by the non-profit Search Institute has found that all kids - regardless of background - need the same 'ingredients' for a healthy and happy childhood. When these ingredients are part of a child's life, they are more likely to excel in school and have a positive outlook on life and high self-esteem.

Reinforcing even two or three of these ingredients when interacting with a child or teen will have a positive effect on his or her future.

- Adults who show they care
- Safe and positive community environment
- Clear boundaries and expectations
- Constructive use of time
- Commitment to learning
- Self-respect
- Respect for others
- Belief in one's self

These may seem like common sense, but too often they aren't common practice. Our programs are designed to strengthen developmental assets in children's lives.

# HOW TO FIND US

## **SOUTH DISTRICT RECREATION OFFICE**

Office Hours: T, TH, F ..... 10 am - 4 pm  
M, W ..... 10 am - 7 pm

Lake Wilderness Center  
22500 SE 248th  
Maple Valley, WA 98038-8560  
Mailing Address: PO Box 380  
Maple Valley, WA 98038  
Phone: 206-296-4281  
Fax: 206-296-0183

Toll Free: 800-325-6165, ext.6-4281

## **NORTH DISTRICT RECREATION OFFICE**

Office Hours: M - F ..... 10 am - 4 pm  
Marymoor Regional Park  
6046 W Lake Sammamish Pkwy NE  
Redmond, WA 98052  
Mailing Address: PO Box 3517  
Redmond, WA 98073-3517  
Phone: 206-296-2964  
Fax: 206-296-2968  
Toll Free: 800-325-6165, ext.6-2964

## **ACCESSIBILITY**

Individuals with or without disabilities may register for all programs offered by King County Parks & Recreation provided program and safety requirements can be met. King County provides reasonable accommodations for people with disabilities. Please contact the Recreation District Office where the program is registered three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case-by-case basis.

## **NON-DISCRIMINATION POLICY**

King County Parks & Recreation does not discriminate on the basis of race, color, national origin, creed or religion, sex, sexual orientation, age or disability. You may file a grievance with the King County Office of Civil Rights and Compliance at 206-296-7592 or call Telephone Relay Service: 711.

"You have three names;  
the one you inherited,  
the one your parents gave you  
and the one you make yourself."

*Author Unknown*

## **WHITE CENTER COMMUNITY CENTER TEEN/YOUTH PROGRAMS**

Office Hours: M - F ..... 10 am - 4 pm  
1205 SW 102nd, Seattle, WA 98146  
Mailing Address: PO Box 66514  
Seattle, WA 98166  
Phone: 206-296-2956  
Fax: 206-296-2997  
Toll Free: 800-325-6165, ext.6-2956

## **WEST HILL COMMUNITY CENTER**

Office Hours: M - F ..... 1 pm - 6 pm  
12400 80th Ave S  
Mailing Address: PO Box 78038  
Seattle, WA 98178  
Phone: 206-205-8330  
Fax: 206-205-8336  
Toll Free: 800-325-6165, ext.5-8330

## **INTERPRETIVE PROGRAMS OFFICE**

Office Hours: M - F ..... 10 am - 4 pm  
11829 97th NE, Kirkland, WA 98034  
Mailing Address:  
9805 NE 116th #7408  
Kirkland, WA 98034  
Phone: 206-296-4171  
Fax: 206-205-5433  
Toll Free: 800-325-6165, ext.6-4171



**This brochure available  
in alternate formats  
upon request.**

**Telephone Relay  
Service: 711**

## **FREQUENTLY ASKED FOR NUMBERS**

Audubon Society/E. Lk. Washington.

➤ 425-451-3717

Bellevue Baseball/Softball

➤ 425-746-4592

Cricket Group

➤ 425-706-2672

Dog Off-leash area

➤ [www.exploredog.com/offleash/index.htm](http://www.exploredog.com/offleash/index.htm)

King County Library

➤ [www.kcls.org](http://www.kcls.org)

Lk WA Youth Soccer Assoc.

➤ 425-883-3009

Maple Valley Youth Soccer

➤ 253-638-9102

So. King County Arboretum Foundation

➤ 425-413-2572

[www.skacf.org](http://www.skacf.org)

Maple Valley Community Center

➤ 425-432-1272

State Boat Launch

➤ 425-775-1311

Serve Our Dogs Areas at Marymoor

➤ 425-883-8908

SKIFORALL

➤ 425-462-0978

Tahoma Learning Community

➤ 425-413-3400

Velodrome Bike Association

➤ [marymoor.velodrome.org](http://marymoor.velodrome.org)

## **REFUND POLICY**

For all Recreation and Aquatic activities and programs, 100% of the course fee, less a \$5.00 refund processing fee, will be refunded if a participant requests a refund a minimum of five (5) days before a class is scheduled to begin. This fee will be assessed for each registered participant requesting their refund. A 100% refund will be issued if King County Parks & Recreation must cancel a program.

# Register Now!

✓ By Phone    ✓ Via Fax  
✓ Walk-in    ✓ By Mail

## KING COUNTY PARKS & RECREATION REGISTRATION FORM

Where / how did you receive program / event information?

☐ Website ☐ Library ☐ Pool ☐ Guide ☐ Word of Mouth ☐ Flyer

Adult/Guardian (if participant is a minor) \_\_\_\_\_

Participant's Name \_\_\_\_\_ ☐ Male ☐ Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Evening \_\_\_\_\_  
(Please include area code) (Please include area code)

Emergency \_\_\_\_\_ E-mail address \_\_\_\_\_  
(Please include area code)

CLASS/TITLE	LOCATION	START DATE	DAY/TIME	COST \$
1. _____	_____	_____	_____	\$ _____
2. _____	_____	_____	_____	\$ _____
3. _____	_____	_____	_____	\$ _____

(Total includes admin. fee) **TOTAL \$** \_\_\_\_\_

*Make checks payable to: King County Parks & Recreation*

VISA / MasterCard # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

The undersigned adult on behalf of themselves, their child and/or children agree to protect, defend indemnify and hold harmless the County, its officers, officials, employees and agents from any and all claims, demands, suits, penalties, losses, damages, judgments or costs of any kind whatsoever (hereinafter "claims"), arising out of or in any way resulting from the activities of said individual in King County Parks & Recreation programs except for those acts or commissions which are the sole negligence of the County.

☐ Yes ☐ No I give my permission to King County Park & Recreation Division to use my photograph and/or my child's for promotional purposes.

✍ Adult Participant or Parent Signature \_\_\_\_\_

I would like to contribute ☐ \$1.00 ☐ \$2.00 ☐ \$5.00 ☐ \$10.00 or ☐ other \_\_\_\_\_ to the Scholarship Fund. This fund allows children to attend a Recreation Program in your community who otherwise would not be able to participate. Please include this with your payment. Thank you for your generous donation.

### For more information and/or to register by phone, fax or mail:

**North District Office:** Marymoor Park  
PO Box 3517, Redmond WA 98073  
206-296-2964 FAX: 206-296-2968

**South District Office:** Lake Wilderness Center  
PO Box 380, Maple Valley WA 98038  
206-296-4281 FAX: 206-296-0183

**Youth/Teen Office:** White Center Community Center  
PO Box 66514, Seattle WA 98166  
206-296-2956 FAX: 206-296-2997

**Interpretive Programs:** 9805 NE 116th #7408  
Kirkland WA 98034  
206-296-4171 FAX: 206-205-5433

**West Hill Com Center:** PO Box 78038, Seattle, WA 98178  
206-205-8330 FAX: 206-205-8336



# Mark Your Calendar!



## 2nd Annual King County Youth Triathlon

**August 24**

Lake  
Wilderness  
Park

(Details, page 3)



## 2002 National Disability Swimming Championship

**June 13 - 15**

King County Aquatic Center  
(Details, page 3)



## 2002 U.S. Synchronized Swimming Age Group Nationals

**June 29 - July 7**

King County  
Aquatic Center  
(Details, page 3)



**Parks and Recreation Division**  
**Headquarters and Luther Burbank Park**  
2040 84th Avenue Southeast  
Mercer Island, WA 98040

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